



April 2018

Volume 13, Issue 4

Courage to Change ...

Having been in and around OA since 1986, I decided that this time I was going to get in the middle of the boat and do new things.

It was announced at my home group that scholarship money was available for the Florida State Convention so I applied. I struggle with the effects of PTSD which keeps me hypervigilant in crowds, but I prayed and determined that with God's help and the help of the wonderful women in my home group, I would go. I had some unrealistic expectations: I envisioned everyone there would be carrying tote bags full of scales and measuring cups; I thought everyone there would be uptight and controlling; I hoped I would come home with an improved conscious contact with my HP and a greater commitment to abstinence and the steps; and I have been dreaming for years of waking up at 5 foot 7 inches and 130 pounds! These remain unrealistic and unrealized.

I was pleasantly surprised at the smooth running of the whole convention. The planning and the team work were amazing. Everything appeared to run on time and within the prescribed guidelines. The presenters were able to laugh at themselves and their progress in OA. Our own Joan R. was everywhere, doing everything and yet smiling and making everyone feel important and welcomed. I had heard that there would be 125 people in attendance but I am guessing there were many more than that and all were accommodated even though some of the rooms were a bit small with standing room only.

I had the honor of "greeting and hugging" before the evening events both Friday and Saturday. This was a wonderful way to become part of a wonderful event and an easy way for a writer to do service. The Higher Power had to have been in charge of the whole convention, but there was a great deal of work behind the scenes and in the planning process, which showed strongly.

It was my observation that the overeaters in Tampa that weekend believe in what they do and it showed in their friendliness to all, their cooperation, and in their warm regard for each other. These are my people!

Congratulations to all.

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The opinions expressed in this newsletter reflect those of the writer and do not represent OA as a whole. Serve your group by sharing your experience, strength and hope in the newsletter. Please submit your article by the **15th** day of the previous month for publication in the next month's newsletter.

Please send to: newsletter@oapinellas.org

Step 4

Made a searching and fearless moral inventory of ourselves.

“The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone. We have discovered that if people in this program love us, it is not for our strength, but our weakness and our willingness to share that with others.”

- OA, 2nd Edition, pages 5

How often have I been afraid to share with others my struggles or the return of the same old character defects – ashamed that I am not perfect and am not winning every round?

Whenever I do find the courage to share, I find people accept me much more readily than I ever accept myself. Program people share and applaud my victories, but it is their ability to accept my weaknesses that keeps me coming back.

- Voices of Recovery, page 79

Courage: *A condition of mind or spirit that makes one able to face danger, fear, or difficulties with self-control, confidence and determination / bravery / strength / fearlessness / confidence that encourages and sustains.*

Looking for PTI Members to share their Experience, Strength and Hope ...

PTI is looking for newsletter entries on the topic of “Integrity” for the month of May. The deadline is April 15th.

Also, the topic for June is “Willingness” that must be submitted by May 15th.

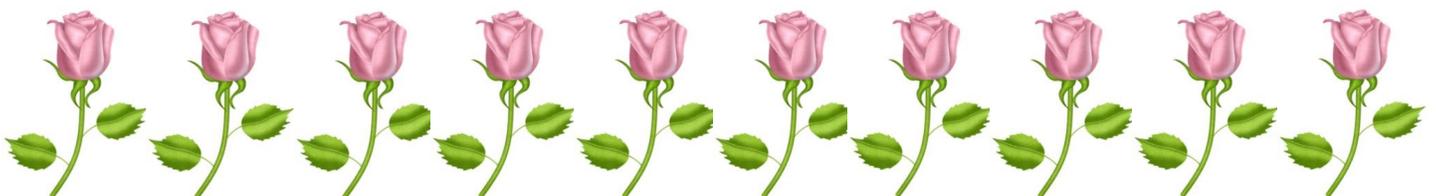
Save the dates and please consider on sharing your experience, strength and hope in our monthly newsletter. If you’re not sure of what to share on the monthly topic, please feel free to send in an article of any “recovery” topic that inspires you.

Please, please, please consider sharing your written thoughts. We all have them ... this is a thinking disease!

PTI is also looking for a new newsletter editor. If you are interested, please email Joan: newsletter@oapinellas.org

Tradition 4

Each group should be autonomous except in matters affecting other groups or OA as a whole.



Fear and anxiety have haunted me my entire life. They have also been a constant challenge in my recovery from compulsive overeating. Forming a relationship with a Higher Power, whom I call God, has resulted in several years of abstinence and an ability to walk through fearful situations. In order to grow emotionally and spiritually, I need to take risks; that brings up fear. But I have learned that it does not matter how afraid I am. I can show up anyway. I pray and ask God to help me, and I've never been disappointed. Each time I conquer something that I am afraid to do, it boosts my self-esteem and enables me to take the next risk. The combination of abstinence and a reliance on God has given me courage. I will never be without fear, but with God's help, I have been able to face my fears abstainently and accomplish things I never thought possible.

-Voices of Recovery, page 337

Concept 4

The right of participation ensures equality of opportunity for all in the decision-making process.

2018 Florida State Convention of OA

We held the 28th annual FSC of OA in Tampa, FL over Unity Day weekend, FEB 23-25. The theme this year was "Together We Can ...Fully Rely On God (FROG)." It's true -- we can. We listened to stories of recovery and heard how this incredible program is helping others live a life beyond anything they might have anticipated. Their experience and strength gave each of us hope that we, too, can recover from the desire to eat compulsively.

People traveled from as far away as Canada and Guatemala to attend. Unity Day is always celebrated with a special session and speaker. We finished with the Serenity Prayer in multiple languages: English, French, Dutch, and Spanish. Talk about diversity! The Florida State Convention is a money-making endeavor. All Intergroups that participate in the planning and committee responsibilities share the profits from the event. This year, each of the nine participating Intergroups earned \$800 to spend as they see fit to carry the message.

For 2019, the FSC will be held in Cocoa Beach, FL at the Hilton Oceanfront. The theme for next year is "Together We Can ... Believe, Achieve, Receive." The Chair is Jacquelyn R. (Central Florida IG), Vice-Chair is Andi S. (Gold Coast IG), Secretary is Linda M. (Pinellas Traditions IG), and Treasurer is Barb C. (New Freedom IG). Everyone – even if your IG is not participating -- is invited to provide service for this convention. You may join the planning committee which meets five times a year, or volunteer when you register to perform service at the convention itself. If you would like more information please contact any of the planning committee members (ask around, you'll find one).

In the meantime, schedule FEB 22-24, 2019 on your calendar and enter it onto your Action Plan. Registration information will be coming out later. Don't miss it.

For future planning: Region 8 will be hosting the World Service Recovery Convention the Renaissance Hotel in Orlando, Florida -- August 20-22, 2020. The Florida State Convention of OA will not be held in 2020 so that we can direct our attention to this convention, which is held every five years. We would like as many people from Region 8 to attend (and provide service) as possible.

Barbara Carter
Treasurer, FSC 2018 and 2019

You never know what may be your magic moment ...

For me it was February 25, 2018. I was attending the OA convention in Tampa FL. It had been a good time. I had met people who share my disease and also share my recovery. It was nice spending time socially with people who understand me and accept me. I had heard many inspiring words over the last few days, but that wasn't my magic moment. On Saturday evening at the Banquet my friend, sitting next to me won the table center piece. It was a Chinese fighting fish. I could see she wasn't overly impress. She offered it to me and I accepted. To most that would not be a magic moment but for me it has changed my life. As I watched my newly acquired friend swim around in the bowl I was captivated by him. I named him "GG" after my HP after all I got him at the OA recovery convention. Now GG swims beside me every day. He is a constant reminder to a new conscious contact with my higher power. He requires feeding, cleaning, and conversation all of which remind me to connect with HP. As I sit in my chair out of the corner of my eye I can see his beautiful tail wiggle as he swims by. He is a constant visual reminder to contact with HP. This very unexpected gift has changed me, my program and my life. Thank you for the special gift my friend.

SQ

**Come for the first time
or come back to a**

NEW OA MEETING

Friday 6:30 PM

Northwood Presbyterian Church

2875 State Road 580

Clearwater, FL

Florida State Convention - 2/2018

Final report

- Great weekend ... 184 Registered attendees, plus a few walk-ins!
- Linda Mc and Stephanie D stepped up to be reps next year, one year commitment.
- Linda will be secretary and attend meetings.
- Theme is "Together we can believe, achieve, receive!"
- Suncoast and Palm Beach have dropped out, but Suncoast has offered to help us, leaving seven intergroups to put on this statewide event.
- Our committees will be decorations and entertainment. Already some thoughts floating around. Requests for "Open-mic" are on the new registration and if we get it going, Suncoast will take care of that. We are trying to be frugal, karaoke, Bluetooth speaker for music.
- Entertainment consists of skit Friday night, and whatever on Saturday night.
- Decorations is centerpieces for lunch and banquet and favors for both.
- We will have to wait for flyer to see what ideas to work from.
- We received \$800.00, which was deposited on March 9th. Next meeting is March 24th at MeeMaw's in Palm Bay.

In Love and Service,
Joan & Julie

"Together WE Can FROG ... Fully Rely On God!"



The Florida State Convention was held February 23-25 in Tampa at the Holiday Inn.

"Ribbit ribbit"... ready, set, register, and hug!

"FROGging together" attendees, over 125 of us, were greeted with joyful hugs from volunteers and with a delightfully engaging ice breaker related to the principles of the Steps, Traditions, or Concepts of the OA program.

We were "stamping out" togetherness as we searched for people who had the letters we needed to spell out our words.

Over 20 FROGged themed workshops were presented to attendees. Workshop topics included: Jump Into the Pond – Steps 1/2, Keeping Your Side Of The Lilly Pond Clean – Steps 8/9, Not All Frogs Turn Into Princes (Compulsion), Sponsorship, Hibernation (Isolation), and Forgive And Forget-Forgiveness Writing.

Special interest topics were also represented "on the lily pad": Bull Frog – 100 lbs., Toadally Awesome – ABA, Frogs and Snails - Men's Meeting, and Live Green – GLBT. This is a WE group...WE "Welcome" all "ribbit ribbit!"

Workshop presenters inspired with grace, honesty, courage and with hope to carry the recovery message.

Following attendees had a chance to "leap up" and inspire with their own signature experience, strength, and hope. One attendee commented, "If I did not share, I wasn't there."

For others, it may have been a time of reflection and renewal of "their own pond (program)."

We were also gifted with three wonderful Living On The Lilly Pad speakers. Friday night – Physical Recovery, Saturday night – Emotional Recovery, and Sunday closing – Spiritual Recovery. Their shares nourished us with the realities of the disease and recovery to be able to walk in the sunlight of the spirit and "swim in the promises!"

At Friday night's technology skit, we all "happily downloaded" much laughter!

Saturday was Unity Day, as well! Ribbit ribbit! After lunch our unity speaker, beautifully championed the message we are not alone...but, all one!

Then, in celebration of Unity Day at 2:20 PM, we said the Serenity Prayer in unison representing multiple languages. Our lily pond was leaping with community embracing voices and not barriers.

Saturday night the pond was "a leaping" "with karaoke!

FROGging together for unity...at the closing session, we sang "If You're Happy And You Know It!"...with the key phrases ... "Shout OAI," "Shout WELCOME!," and "Shout ALL ONE!" We are no longer alone.

The Boutique, Literature, and Hospitality were run divinely! Ribbit Ribbit!! Gracious volunteers spent hours cheerfully organizing and hanging clothing and stocking hospitality and literature. We sold out of our new OA 12 and 12! Hospitality was certainly a serene part of the pond!

Baskets were "ribbiting with generosity!" Thank you all for your donations!

Frogged themed decorations were fabulous and lively! Get your ribbit on!

How about a Shout Out (of) Success (SOS) for our 9 IG's that hosted this ribbiting recovery palooza?

The FSCOA 2019 Planning Committee hopes to see you next year in Cocoa Beach!

Ready, Set, FROG ... *one day at a time!*

OA Search Puzzle

W O R K S H O P S M S P E G S
 H C R T X M A F E U E U R N P
 D Y F A S P O E O N R O U I O
 X X U S R M T U A I V R T T N
 Z R H A C I T N Y T I G A I S
 V R Y O N R O T V Y C R R R O
 R E W G E V I L R L E E E W R
 R P S A A M N K S B Q T T W S
 C W C S Y L G W I W J N I V H
 C H Z N D J U X N Z Z I L O I
 C W O S H C Y R E V O C E R P
 L N Q X L W C V I U T L Q Q M
 A D I V E R S I T Y B X R A Q
 E N O H P E L E T O T S B G D
 B I G B O O K O Q J N I S D K

ANONYMITY
 BIGBOOK
 DIVERSITY
 INTERGROUP
 LITERATURE
 MEETINGS
 OUTREACH
 PRAYER
 RECOVERY
 SERVICE
 SPONSORSHIP
 TELEPHONE
 UNITY
 WORKSHOPS

Pinellas Traditions Intergroup - 7th Tradition

The 7th Tradition states, "Every OA group ought to be fully self supporting, declining outside contributions."

Available online, local OA groups and members can send a contribution using a secure site via PTI's PayPal page.

Please click the PayPal button below or you may visit our website at oapinellas.org/donations.html to send in a donation today.

Your donation is appreciated!!!



MEETING CHANGES

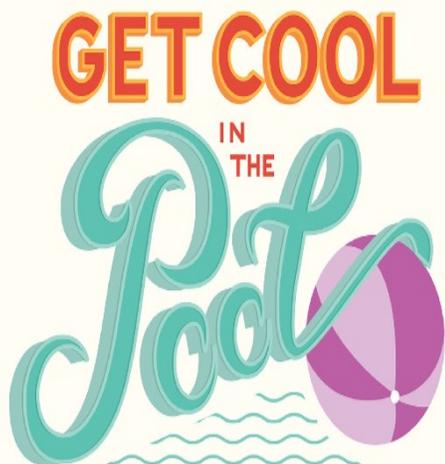
The Pinellas Park (Library) Saturday 9AM meeting moved on January 6th to new time and location.

NEW LOCATION:

St. Giles Episcopal Church
 8271 52nd St. N.
 Pinellas Park, FL 33781

Upcoming Events

Abstinence in Action "Adventure" Fellowship



Slap on some sunscreen
and hit the deck for
some OA fellowship, fun and games
Salad and fruit will be provided -bring your own protein
Saturday April 14th at noon til three
Sue D's 1121 Riveredge dr. Tarpon Springs
585-704-4464 for any questions

SOAR8

Recovery Convention
&
Business Assembly

SPRING INTO ACTION!!!



*Mobile, Alabama
April 20th -22nd*

[Click here](http://oaregion8.org/) for more information
or visit <http://oaregion8.org/>

Sponsorship in OA through the 12 Steps

OA Workshop
Saturday May 5, 2018
12:30 PM – 2:30 PM

Presbyterian Church
2021 Nebraska Ave
Palm Harbor, FL

All are welcome!!!
\$6.00 suggested donation

Questions?

Please call (813) 240-8572



Technology Event

Saturday, August 4, 2018

Problems with your laptop, tablet, or phone?
We're here to help you. Bring your lunch if you like.
Water will be provided.

Time: 12:00PM–3:00PM

Place: 806 Robin Ave., Palm Harbor, FL

Contacts: Joan R. (727) 785-9208
Linda Mc. (727) 804-4610

Cost: \$6.00



Please join us and bring a friend who needs help.

Save the Date!!!



PINELLAS TRADITIONS INTERGROUP

Invites you to the "8th Annual"
OA FRANCISCAN CENTER RETREAT
"Growing In Recovery"

July 27th - 29th

[Click here](http://oapinellas.org) for flyer or visit <http://oapinellas.org>

Just For Today

Just for today,
I will try to live
through this day only,
and not tackle my whole
life problem at once.
I can do something for
twelve hours that would
appall me if I felt that I
had to keep it up
for a lifetime.

More information on all of these events may be found on our PTI website ... <http://oapinellas.org>

PINELLAS COUNTY MEETING LIST

April 2018

DAY	TIME	MEETING NAME	MEETING TYPE / NOTES	LOCATION	CONTACT
Mon	10:15 AM OA#46182	Just For Today ^^	Big Book / 12 & 12	Lutheran Church of the Resurrection 1555 Windmill Pt Rd., Palm Harbor	Mary Ellen (727) 781-2597 Joan (727) 785-9208
Mon	12:00 PM OA#48303	Voices of Recovery (Candlelight Meeting)	Voices of Recovery Discussion	Unity of St. Petersburg 6168 First Ave. N, St. Pete	Ann G. (212) 399-7099
Mon	7:00 PM OA#47788	Focus on Abstinence ^^	Speaker Meeting Speaker Abstinent 90+ Days	Central Church of Christ 1454 Belleair Rd., Clearwater <i>(NW of Belleair Rd. & Highland – entrance on Belleair)</i>	Mary T. (727) 593-4758 Mardie (727) 501-3949
Mon	7:00 PM OA#01530	Search Out Serenity "SOS"	Leader / Discussion Jackson Street entrance	St. Anthony's Hospital, Classroom D 1200 7th Ave. N., St. Petersburg <i>(Jackson Street entrance)</i>	Cynthia (561) 254-3642
Tues	7:00 AM #56126	Fresh Start	Voices of Recovery For Today	Central Church of Christ 1454 Belleair Rd., Clearwater <i>(NW of Belleair Rd. & Highland – entrance on Belleair)</i>	Phil L. (727) 754-0131
Tues	10:00 AM OA#54726	Abstinence NEEDS SUPPORT	Daily Readings Open Discussion	REBOS Center MOVED – New Location: 5639 54 th Ave. N., Kenneth City	Donna D. (727) 480-0865
Tues	7:00 PM OA#54697	Living In Today	Step/Lifeline/Daily Reader/ BB/Leader's Choice	Northwood Presbyterian Church – Rm #4 2875 State Road 580, Clearwater	Lee (727) 480-4821
Tues	7:00 PM OA#54346	The Mile Stretch Meeting NEEDS SUPPORT	Literature Meeting	St. Vincent de Paul Catholic Church 4843 Mile Stretch Rd., Holiday	Chris (727) 688-9823 Judy L. (727) 457-1053 Jeanne A. (727) 494-7994
Wed	12:30 PM OA#52863	Message Carriers	Open Discussion	Metro Center 3251 Third Ave. N., St. Petersburg	Ellen L. (727) 381-8043
Wed	6:45 PM OA#10359	Madeira Beach Beach Bunch NEEDS SUPPORT	Open Discussion	<i>On the beach in front of the snack shack</i> 15100 Gulf Blvd., Madeira Beach <i>(Bring a chair)</i>	Linda H. (727) 647-8280 Donna D. (727) 480-0865
Wed	7:00 PM OA#54502	You Are Not Alone NEEDS SUPPORT	12 & 12 Study	Terra Nova <i>(Small room with green door)</i> 7550 40th St. N., Pinellas Park	Cynthia (561) 254-3642
Thur	10:30 AM OA#53015	Hope NEEDS SUPPORT	All Literature	Aldersgate Methodist Church 9501 Starkey Rd., Seminole <i>(Back of church near the office)</i>	Lynn E. (901) 830-1092
Thur	11:00 AM OA#40873	Key to Freedom	Big Book Meeting	First Presbyterian Church 455 Scotland St., Dunedin <i>(Downtown Dunedin)</i>	Laurie (727) 517-4137
Thur	5:30 PM OA#49784	Steps to Freedom **	Focusing on Recovery through the Steps and Traditions - 90 Days	St. Cecelia's Church, Room A 820 Jasmine Way, Clearwater	Mary Mc (727) 319-4321
Thur	7:00 PM OA#46183	First Fellowship	1-Step/ 2-Speaker/ 3-Lit/ 4-Big Book/5-Lifeline	Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor	Beth P. (813) 486-9324
Fri	6:45 AM OA#54674	Fresh Start	Voices of Recovery For Today	Central Church of Christ 1454 Belleair Rd., Clearwater <i>(NW of Belleair Rd. & Highland – entrance on Belleair)</i>	Phil L. (727) 754-0131
Fri	6:00 PM OA#49602	Nitty Gritty	Big Book	Unity of St. Petersburg 6168 First Ave. N, St. Pete	Cora L. (813) 956-4642
Fri	6:30 PM #56266	NEW Meeting <i>Starts 1/5/18</i>	Big Book / 12 & 12	Northwood Presbyterian Church 2875 State Road 580, Clearwater	Sarah B. (860) 796-6333
Fri	6:30 PM OA#09412	Pinellas Tradition Intergroup Meeting	Third Friday Only All OA's welcome	Morton Plant Hospital, 1st Floor Tuttle D Auditorium, Clearwater	JC D. (813) 240-8572
Sat	NEW TIME 7:00 AM OA#36776	Great Reality NEEDS SUPPORT	Beginners	NEW LOCATION: As of 1/6/18 St. Giles Episcopal Church 8271 52nd St. N., Pinellas Park	Donna D. (727) 480-0865
Sat	10:00 AM OA#45426	First Fellowship	Step/Tradition Meeting	Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor	Pat (727) 784-3375
Sat	10:30 AM OA#27235	Saturday Serenity ^^	Big Book	First Lutheran Church 1644 Nursery Rd, Clearwater	Betsey (727) 466-9277 Judy (727) 442-9234
Sat	10:30 AM OA#17950	Pasco Pioneers	1-Step/ 2-Big Book/ 3-Leader's Choice/ 4-Traditions/5-Brown Book	Unity of Port Richey 5844 Pine Hill Rd., Port Richey	Betty N. (727) 505-4562
Sat	12:30 PM OA#52497	Oldsmar Men's Group **	Men's Meeting	Community United Methodist Church 207 Buckingham Ave., Oldsmar	Lee (727) 480-4821
Sun	6:00 PM OA#32923	Clearwater Oasis **	Big Book (90 Days)	Morton Plant Hospital, 1st Floor Tuttle A Auditorium, Clearwater	Chrissy (813) 377-5332 Michelle (314) 378-9391
Sun	6:30 PM OA#49012	Beginner's Meeting Step Study	Beginners/Step Study	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Judy C. (201) 259-3924

PLEASE NOTE: All meetings are open meetings unless indicated otherwise. **Closed Meetings (OA members only) ^^Children welcome

If this is your first time attending a meeting listed, please be sure to call to clarify directions and meeting specifics.

Pinellas Traditions Intergroup meets the 3rd Friday of each month: 6:30PM - Morton Plant Hospital, 1st Floor – Tuttle Auditorium

OA World Service Telephone: 505-891-2664 Website: <http://www.oa.org> To find telephone or online meetings,

please go to: <https://www.oa.org/find-a-meeting> Pinellas Traditions Intergroup Website: <http://oapinellas.org>

Hotline #'s – Hillsborough & Pinellas: (813) 254-4190

REVISED: March 2018